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(Digest of Market Basket for January 17, 1943)

B VITAMINS IN FOOD
IMPORTANT IN WARTIME

Wartime demands for longer hours, heavier work, and often more nervous strain all may increase the body's need for B vitamins in food. And the wartime food situation may call for more careful marketing and cooking to be sure of getting enough of these vitamins.

This is the advice given by _____ (Name) _____ (Title)
_____ from information from home economists of the U. S. Department
(Place)
of Agriculture.

Many Americans live on meals low in B vitamins and suffer the results without understanding the cause. For one person who becomes actually ill from lack of B vitamins, thousands are borderline case, with vague symptoms and complaints that keep them under par. The chronic grouch, the lazybones, the tearful girl, the housewife with imaginary ailments, may actually be suffering from lack of the B vitamins.

Most foods in their natural raw state contain some B's, though few foods contain much. Foods ranking as rich sources are: Lean pork, liver, kidney, other meat organs, whole grains, dried beans and peas, soybeans, peanuts, other nuts. Also on the B list are: Lean meats, eggs, milk, vegetables and fruit, and enriched bread and flour. One reason for including some of these foods every day is that the body cannot store B vitamins.

Heat destroys some vitamin B value, and some leaches out into cooking water. These are reasons for eating some foods raw every day and using cooking liquid in gravy, soup, sauces.

Families accustomed to eating a good deal of pork and other meat may now need to use more of other foods that supply B vitamins. Dried beans and peas are plentiful and supply both B's and protein as meat does. Eggs, soybeans, and nuts also help out.

